

glastonbury LIFE

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Exceptional Luxury Homes



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121 TRYON STREET, GLASTONBURY
\$669,900

Located in the very Heart of Nayaug! This builders own home sits on a country knoll of 1.35 Acres. The Home features 4-5 Bedrooms w/ a 1st Floor Master BR. The Spacious Family Rm w/ Fireplace w/ a Breakfast Nook open to Kitchen updated w/ Granite Counters & Tile Back Splash. The second floor has a large Roughed -In Bonus room for future expansion. Imagine sitting on the front porch in your Rocking Chair watching the area neighbors riding their horses through what was once called Nayaug "The 51st State of Mind"!



5 SOUTH POND, GLASTONBURY
\$669,900

Located close to the quaint Village of South Glastonbury is where you'll find this stately Contemporary Colonial with 4500 sq. ft. of Luxury Living! This lovely home features (4) Bedrooms including a Master En-Suite w/ Fireplace. The Custom Kitchen is highlighted with Granite Counters, Imported Italian Marble Back-Splash and a Center Island. The open floor plan Kit/Fam Rm is great for entertaining. You'll enjoy summers on your private recently built stone patio w/ built-in BBQ. The 1st Floor office is convenient for those that work from home.



44 DOGWOOD LANE, GLASTONBURY
\$424,900

New Construction with Immediate Occupancy Available. As you enter this home you'll immediately know that it is a special one of a kind. The Custom Kitchen is open to a large Family room w/ Fireplace. This is a must see home situated in a Cul de Sac street in a great established area. This is an energy efficient home with Passive solar heat, and solar panels.



16 RUFF CIRCLE, GLASTONBURY
\$379,900

Located on a cul de sac you'll find this meticulously maintained contemporary home w/ (3) bedrooms, open kitchen/ family room & formal dining & living rooms. Master bedroom w/ full bath & walk-in closet. Large 16'x28' deck overlooking a fine manicured rear lawn with flowering plants and shrubs.



17 ACCORNERO LANE, SO. GLASTONBURY
\$329,900

Located on a Cul de Sac in South Glastonbury's Newest Luxury Neighborhood. The lot of 1.5 acres has a fantastic view of South Glastonbury's farming community and the City of Hartford skyline. Complete house & lot package also available. Call for details.



124 SOUTH MILL DR., GLASTONBURY
\$314,900

Fantastic Views of Hartford from the large private deck. Condo features open family/dining room, eat-in kitchen, loft overlooking family room, (2) Bedrooms (2 1/2) Baths. Short distance to the village of South Glastonbury and the nation's oldest ferry.



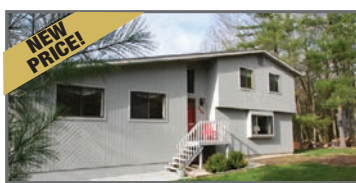
3 OVERSHOT, SOUTH GLASTONBURY
\$449,000

Located in the heart of South Glastonbury, this condo is one of few with 4 bedrooms. Move right in to this spacious 4 bedroom cape with views of the Hartford skyline. First floor master suite with walk in closet opens up to the deck. Finished walk out basement adds almost 600 square feet of living space. **SELLER TO PROVIDE BUYER WITH 1 YEAR PREPAID HOA FEES**



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224 NEEDLETREE LANE, GLASTONBURY
\$299,900

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155 NATCHAUG, GLASTONBURY
\$480,000

Minnechaug Area (5) Bedroom Colonial w/ approximately 2 Acres, Remodeled Kitchen 2008, Large 1st Floor Family Room w/ Fireplace, Formal Dining Room and Front to Back Living Room w/ Fireplace, 1st Floor Sunroom, Finished Lower Level w/ Walk-Out Slider, Fabulous Frog Pond and Gardens, Propane Generator, New Heating System Installed 2003-2004 w/ 6 Zones and (2) Oil Tanks.



67 OVERSHOT DRIVE, GLASTONBURY
\$334,900

South Mill Village Phase IV condominium, 3 BR Townhouse w/ open Fam Rm/DR, 2 1/2 Baths, custom Kitchen, 2 car tandem garage, 2 decks, Gas heat & C/A. Convenient Location close to the village of South Glastonbury with its restaurants, retail shops and the oldest operating Ferry in the U.S.!



437 MOODUS ROAD, EAST HAMPTON
\$299,900

Raised Ranch home w/ In-Law Apartment w/ Separate Entrance. Large lot w/ In-ground Pool. In-Law Apartment features (3) Rooms & possible LR. FR expansion. The Main house features a remodeled Kitchen w/ SS Appliances, Breakfast Bar & Ceiling Fan. DR opens up to a LR Room w/ FP. Lower Level boasts a FP, Entertainment Area & a Mini Kitchen & 1/2 Bath. In-Law Apartment built in the mid 2000s, adds about 800sq.



16 RIVENDELL, MARLBOROUGH
\$419,900

A great house in a great neighborhood! Beautiful 2,924 sq. ft., 4 BR, 2 1/2 bath Cape Cod home in a quiet cul-de-sac neighborhood. 1.84 acres. Updated w/ a new granite kitchen & stainless appliances, new master bath & lots more. A bright 1st floor office & very large 5th bedroom or entertainment center over the garage which could easily be converted into an in-law suite. 3rd garage in the back.



284 FARMCLIFF, GLASTONBURY
\$389,900

Kamis quality built (4) Bedroom (2 1/2) Bath Colonial featuring Large Open Kitchen / Family Room w/ Brick Fireplace, Formal Dining Room, Formal Living Room w/ Fireplace. The lower Level has a 13 X 26 Finished Family / Entertainment Room with an adjoining Office. The Farmcliff Area was built with no two homes alike, each one was Custom Built w/ Colonial Charm.



47 BELL STREET, GLASTONBURY
\$329,900

Custom Split Colonial on 1.02 Acre lot w/ 4 Bedrooms, open Dining Room/Living Room, Kitchen and 1st floor Family Room w/ Fireplace. 1st floor Bedroom/ office, finished Lower Level, Large new Stone Patio w/ Fire pit. Rear yard abuts one of Glastonbury's finest Elementary Schools.



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QUOTE OF NOTE:

"The best camera is the one you have with you. I tell people to get out there and shoot."
- Photographer Mark Sanderson.

See story page 20

ON THE COVER

Patrick Sullivan tees off in a round of footgolf at Minnechaug Golf Course.

Photo by Nancy Thompson
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A pastor and friend says goodbye

Marian Stinson retires after 10 years at St. Luke's

by Nancy Thompson
Editor

When the Rev. Marian Stinson arrived at St. Luke's Episcopal Church in South Glastonbury 10 years ago, the congregation was experiencing some hard times and was looking for help and healing.

When she retires this month she will be leaving a vibrant, flourishing parish that has expanded its membership, its outreach and its presence in the community.

"She helped the church find itself after going through some trying times and despite the overall climate for organized religion, she leaves St. Luke's a bustling, active place where young families and those who have attended St. Luke's across the generations celebrate together every week," said Patti Cole, a long-time member of the parish.

Stinson agreed. "We have really sort of turned outward," she said. "We're really out in the community now. We're all in this together."

With her guidance, St. Luke's has held its annual Christmas pageant at a riding stable, conducted services in a barn and celebrated holy days with the First Congregational Church and St. James Episcopal Church. The parish celebrates the Blessing of the Animals, not only as part of its Sunday worship service, but out in the farms and fields of South Glastonbury, and also blesses the hands of farmers and farmworkers in recognition of their work and the love between the farmers and their workers. "One farmer was so moved as he watched his worker have his hands blessed," she said.

Oddly, a driver crashing his truck into the front of the church and causing massive damage was partly responsible for the parish's renewed involvement in the community.

"It came to roost sort of when we were hit by the truck," Stinson said. "A lot of love and care came our way. Our eyes turned outward."

Cole praised Stinson for her efforts to make the world around her a better place.

"Marian has always believed that the church is not the building, but the people who comprise it, and the work of the church is not limited by its four walls," she said. "For her, our historic church building was never meant just for us, but is a living part of the community and should be open as much as possible for events such as concerts, movies, recitals, community meetings, and celebration. The rocking chairs on the porch symbolize that anyone is welcome to come on up and sit a while. In that spirit, whenever I brought something to her that I wanted to try to accomplish, such as building a school in Sierra Leone or providing scholarships to campers that attend Heads Up! Hartford, she always provided support and encouragement and looked at those projects as an extension of the mission of St. Luke's."

Stinson also is known for her willingness to try new, and often unorthodox, activities.

"If I had to describe Marian in one word, I would use 'open,'" said Jeff Mooney, one of the church's wardens, or lay leaders. "Open to creative ways of viewing what church is, for example, the annual Blessing of the Fields, open trying new things, for example, picking a word out of a hat

Nancy Thompson photo

The Rev. Marian Stinson is retiring this month after 25 years of ordained ministry and 10 years at St. Luke's Episcopal Church in South Glastonbury.

and creating her sermon on the fly, exhibiting genuineness, humor and depth, and most of all being open to making everyone feel welcome at St. Luke's.

Mooney recalled an incident from eight years ago.

"Our girls were three and five years old when we moved to Glastonbury," he said. "I remember telling Marian after church one day that we'd had some of the neighborhood families over to our house for a haunted house, and I wondered if this might be an event St. Luke's would consider, particularly for younger kids. Her eyes lit up and her smile slowly got bigger. Truth be told, I wasn't sure how the idea of holding a haunted house in the undercroft of church would go over. There has been no bigger proponent of the event than Marian. She has always loved ideas that bring St. Luke's into the community, and the community into St. Luke's."

When Stinson realized the parish had a collection of more than 2,000 books, some dating back to

the 19th century, she encouraged the congregation to sell them online through amazon.com, a venture that has brought in a few thousand dollars a year.

Stinson's time at St. Luke's also has been about the people there.

"I love being with people in significant moments," she said.

"I enjoy the blending of those groups, the beauty of intergenerationalness."

-Marian Stinson

She understands that South Glastonbury is made up of old families that have been there for generations, as well as families who moved to the area recently. "I enjoy the blending of those groups, the beauty of intergenerationalness," she said.

Along the way, many parishioners have become friends.

"Marian brought the church

from a church divided, to a strong parish that that not only is a very stable internal church to its parishioners, but also to a church that is relevant in the surrounding community as well," said Jim Aresco, the congregation's other warden and a member of the committee that called Stinson to St. Luke's in 2006.

"Personally, Marian went from a priest-in-charge to a friend."

Carol Ward met Stinson when she was preparing to be married. "My husband and I came to St. Luke's to be married. At the start of our marriage counseling and wedding planning, my intention was to do no more than be married at St. Luke's," she said. "However, I was so

impressed with her that I ended up becoming an Episcopalian!"

She praised Stinson for her ability to understand people, their emotions and their needs. "She is a wonderful pastor, in the oldest sense of the word, which is helping those in our church and in the community of South Glastonbury. She is a warm and friendly person, tolerant and caring, and very hard working in a quiet way. God has been and remains an important presence in her life; through her, I have learned to see how God acts in my own life."

Pausing in her preparations to move to Washington with her husband, the Rev. Bill Hardwick, Stinson reflected on her time in South Glastonbury.

"It's being with people for 10 years, watching the kids grow up, the people I've buried," she said. "The kids, when they realize that even though they made a mistake they're still very much loved, the kids who used to crawl under the seats who are now going to college, the strength of a community based in love." **GL**



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Glastonbury \$499,900

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Glastonbury \$379,900

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CLOSE TO TOWN!



Glastonbury \$674,900

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Glastonbury \$639,900

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Friends of Welles-Turner

A “spitfire character” retires

Lillian Levin praised as “best friend of the library”

by Nancy Thompson
Editor

When Lillian Levin and her husband moved to Glastonbury 30 years ago she was looking toward a quiet life. “I’m just going to go and relax,” she recalled thinking.

Life didn’t quite work out that way. People in Akron, Ohio, where she had volunteered with the local library’s support group for two decades, alerted members of the library board here that she was heading this way.

They contacted her as soon as she moved into town, but she suggested they find someone else.

“No,” she remembered them saying. “We’ve heard about you.”

Before long the dormant library support group was alive and well, with Levin at the helm. “All of a sudden I was president of the friends group,” she said with a smile.

Levin has been president of the group three times, always with a focus on raising money through book sales. The first sale, which took place over

two days in May of 1987, raised nearly \$6,500. Book sales during the most recent fiscal year raised more than \$48,000. In all, since Levin arrived the sales have raised \$1,013,015 for library materials and programs, including books, summer reading programs, and computers. “We’ve been very fortunate,” she said. “The money keeps coming in.”

Library Director Barbara Bailey said Levin’s work has helped the library in a variety of ways.

“Under Lillian’s direction proceeds from the book sales over the last 30 years have benefited the library in many ways including furnishing the Friends Room during the 1998 library expansion, sponsoring the ever-popular summer reading program, and funding and the museum pass program,” she said. “She certainly wrote the book on book sales!”

Levin has worked in the Friends’ office from 8 a.m. to 4 p.m. five days a week, overseeing the collection, sorting, storage and selling of thousands of book. If a book sale was coming up she would be there on weekends as well.

Nancy Thompson photo

Lillian Levin's efforts over the past 30 years have helped to raise more than \$1 million for the Friends of the Welles-Turner Memorial Library.

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Falling in love with Glastonbury

Levin was a business student at the University of Michigan when she met her husband, Gerald, who was earning a doctorate on his way to becoming a professor of English Literature.

The couple moved to Chicago, then to Colorado, then returned to Illinois, eventually settling for 20 years in Akron, Ohio, where Gerald was a professor at the University of Akron. When he retired, the couple, both opera aficionados, decided to move east so they could enjoy opera in New York.

"We wanted to go close to New York, but not in New York," she said. "We fell in love with Glastonbury."

It's obvious that Glastonbury fell in love with her.

"As president of the Friends, I feel so fortunate to have Lillian always willing to share her knowledge and history with our board. She's an incredible resource," said Linda Obedzinski, president of the Friends of the Welles-Turner Memorial Library.

She continued, "Her dedication

is second to none. She has consistently spent more hours at the library than any other volunteer. I am in awe of all she has accomplished. At our annual meeting last month, we had a small celebration to thank Lillian for her decades of service. There's a plaque being installed in the Friends Room at the library that calls her the 'Best Friend of the Library.' I think that's a fitting tribute."

Rose Houston, a member of the group's board of directors, praised Levin for the amount of work she has put into the book sales and the way she cares about the volunteers who work with her. "Lillian truly is a Glastonbury icon and will be missed very much," she said.

Board member Melinda Smith described Levin as "an amazing, dedicated, passionate woman" whose passion is contagious. "People who started with her in 1987 are still with her," she said.

"She is a spitfire character in her 80s and has put her heart and soul into raising money for our books sales," said Kelly Gineo, a board member who is in charge of the group's publicity and has worked

closely with Levin.

Kelley Rodino, a board member, called Levin "a unique character, a great friend, and a gift to the town of Glastonbury" and shared a story that she said shows Levin's unassuming nature.

"After Lillian announced her retirement, there was much discussion of how best to honor her," Rodino said. "There were multiple award ceremonies and celebrations during the month of May, and Lillian and her husband Gerry attended and appreciated all of them. While she enjoyed all of the events, I do believe she didn't really feel all of the fuss was necessary; after all, she was just doing what she'd always done and what she loved doing. Then, one day last week, Lillian told me that the teenage volunteer who comes every week had been in the afternoon before, and he had brought flowers for her to celebrate her retirement. I think that touched her in a very personal way. I think it brought home to her that we're honoring her not just for the book sales and for the money she's raised for the library, but more importantly for the person she is and



Lillian Levin gives the signal to start the Friends of the Welles Turner Memorial Library book sale as patrons run behind her.

gift of herself that she's given all of us. We all consider ourselves so lucky to have worked with Lillian, learned from Lillian, and to count Lillian as our friend."

What's next?

"I'm 82," she said, a gleam in her bright blue eyes. "I want to spend more time with my husband and our grandchildren. We'll keep busy." **GL**

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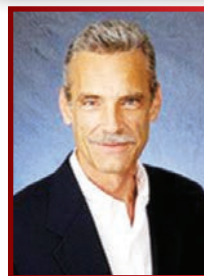
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News roundup

Cogswell sisters are tops of their class

Twin sisters Jami and Darcy Cogswell graduated as the top two students in Trinity College's Class of 2016.

Jami completed a double major in mathematics and classical studies and minored in Latin, while Darcy majored in classical studies with a minor in history.

The sisters, both graduates of East Catholic High School in Manchester, received several awards at Trinity.

Jami, a Jacob W. Edwards Memorial Scholar and R.C. Knox and Company Scholar, graduated summa cum laude. She received the Dr. Robert A. Moran '85 Prize for Academic Excellence, shared the James Goodwin Greek Prize and received a Trustee Award for Student Excellence. She is a member of Phi Beta Kappa, the national honor society, Eta Sigma Phi, the classical studies honor society and Pi Mu Epsilon, the mathematics honor society.

Darcy was an Oliver F. Johnson Memorial Scholar and R.C. Knox and Company Scholar and graduated summa cum laude. She was named a Thomas Holland Scholar and shared the Melvin W. Title Latin Prize. She is a member of Phi Beta Kappa, the national honor society, Eta Sigma Phi, the classical studies honor society and Pi Gamma Mu, the social sciences honor society.

Yoga classes offered

Saint Francis Hospital and Medical Center is sponsoring two series of yoga classes at its facility at 31 Sycamore Commons.

Yoga for back care will take place from 5:30 to 6:30 p.m. and yoga for relaxation and insomnia will take place from 7 to 8 p.m. on Mondays for six weeks starting July 18. There is a fee of \$60 for each six-week series, or \$12 per individual class on a drop-in basis. To learn more, call the hospital's Integrative Medicine department at 860-714-4450.

Local churches help

Three local Catholic churches, St. Paul, Saint Augustine and Saint Dunstan, have collected more than 10,000 diapers for the hospital's Joan C. Dauber Food Bank. The drive was organized by Lori Lowry, a nurse at Saint Francis Hospital and Medical Center and parishioner at St. Paul Catholic Church.

The food bank is maintained through local donations and grants and run mostly by volunteers. It provides diapers to about 225 children every week and supplies groceries to as many as 1,300 families a month.

Annual dinner coming up

Tickets for this year's Harvest Dinner under the Stars, a benefit for the Connecticut Audubon Society Center at Glastonbury, will be available July 12. The event, which will take place September 9 at Rose's Berry Farm, 295 Matson Hill Rd., typically sells out shortly after tickets go on sale.

Sandi Rose of Rose's Berry Farm, and Bill Driggs of 2hopewell Bistro will host the dinner, which will also feature food by Chef Les Harris of EZ StrEAT.

The evening will begin at 5 p.m. with wagon rides, a reception with sparkling wine, and demonstrations of birds of prey, followed by a five-course dinner. Dave Palla's Light Jazz Trio will accompany the event.

Tickets are \$150. Guests can reserve tables for six people. To learn more and reserve tickets, call the Audubon center at 860-633-8402.

Historic mansion open for tours

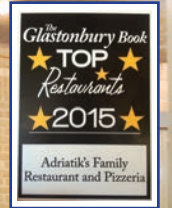
The Welles-Shipman-Ward House will be open Tuesdays from 1 to 4 p.m. through August 30. Costumed docents will be on hand to give tours of the 18th century mansion first owned by John Welles, a local shipyard owner. Admission is \$5 for visitors 12 and older. There is no charge for members of the Historical Society of Glastonbury, Glastonbury Partners in Planting or the Glastonbury Garden Club. **GL**

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Nancy Thompson photos

Getting a kick out of golf

Minnechaug expands its offerings

by Nancy Thompson
Editor

There's a new game in town. Footgolf, which started in Europe in the 1990s and is spreading quickly across the U.S., has come to Glastonbury.

As its name suggests, footgolf is a cross between soccer – or football, as people in the rest of the world like to say – and golf. The idea is similar, taking as few shots as possible to get a ball into a hole, but the execution is, as might be expected, quite different.

Jim Tennant, the pro at the town-owned Minnechaug Golf Course, heard about it last fall from some friends in Los Angeles. “They told me we have to do this at our course,” Tennant said. “I talked with Charlie Schroll and he thought it was a great idea.” Schroll and his brother, Frank, own Glastonbury Hills Country Club and run the public nine-hole course.

“There’s no downside to it from the recreation side,” Tennant said. “I talked with Ray Purtell a month ago and he looked into it and is a

big fan. It’s perfect for our course.”

Tennant said he and his brother, Ray, who played soccer in college, worked with course superintendent Mike Pierrri to design nine holes of footgolf into the existing layout, using the course’s contours and creating shorter holes. “It came out pretty interesting,” he said. “Everyone loved it on opening day.”

The course has specific times when the course is used only for footgolf, and players can reserve tee times online just as traditional golfers can.

Footgolf tees are marked by old soccer shoes that Tennant’s wife, Stephanie, painted gold, and the regulation 21-inch wide holes are clearly marked with white flags. The large holes, which are 30 to 40 yards from the course’s golf greens, are covered when the course isn’t open for footgolf.

Tennant said the new game has attracted youths as young as eight and adults over 40 who came from Glastonbury, Manchester, Colchester, East Hampton and other towns in the area.



Top left: Amber Fuchs of Manchester enjoys kicking off. **Top right:** Sean Sullivan kicks off from the first tee as Curran Dee watches. **Below right:** Jim Duchesnau, a soccer player at Welles College, kicks off from the first tee at Minnechaug Golf Course’s footgolf course.

“A few of our golfers brought their kids and their wives, and we’ve had kids from the neighborhood,” he said. “It’s been a real mix.”

The American FootGolf League website lists several rules governing dress and other aspects of the game, but Tennant is taking a low-key approach. “We expect people to dress appropriately,” he said. “Our rules are more common sense.”

He said his biggest concern is that footgolf players become aware of the times they can play and take advantage of the opportunity to reserve a tee time just as traditional golfers do at other times.

Purtell, the director of parks and recreation for the town, called footgolf “an exciting twist” on two popular games. “Glastonbury is a huge soccer town,” he said. “I think it will appeal to kids, families and young adults. Footgolf is another way for residents to be able to enjoy the beauty on Minnechaug Golf Course without having to be a golf-

er. I expect the venture to be wildly successful. From what I hear, it’s a lot of fun.”

Tom Hantke, executive director of the Glastonbury-based Connecticut Section of the Professional Golf Association of America, said his organization supports alternative ways to play golf as a way to introduce the game to people who might not otherwise be exposed to it. “We hope that they would enjoy the game and at some point ladder up to a traditional format, whether it’s six, nine or 18 holes.”

Players on a recent spring Sunday had nothing but praise for the new activity.

Sean Sullivan, an 11-year-old who attends Hopewell Elementary School, said he enjoyed the game.

“The tees were in good places, and there were rakes for the water holds,” he said, adding that he has played golf with his father and used to play soccer. “I hope to come



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“There are no lost balls in footgolf.”

—Jon Fuchs

every Sunday.”

His younger brother, Patrick, who also has golfed at Minnechaug with their father, said he likes footgolf “because it’s a shorter walk than golf.”

Nine-year-old Curran Dee, a student at Hebron Avenue School who plays hockey with the Sullivan brothers, said the game is fun. “Golf is fun and soccer is fun, so put them together and it’s a lot of fun,” he said, adding that he would encourage other youths to give it a try.

Curran’s mother, Marialice said footgolf has become “a whole family affair.”

Shortly after the three boys teed off, two college students, Jim Duchesneau and Jonathan Levsky, arrived to play for the first time.

Duchesneau, who plays soccer for Wells College in upstate New York, said he was looking for something new. Levsky, who said he plans to try out for soccer at Curry College in Massachusetts, agreed. “I’m looking for a fun time,” he said.

Manchester residents Jon and Amber Fuchs are among adults who are enjoying the new game.

Jon, who golfs regularly at Minnechaug, said he has a competitive nature and enjoys being outside. “If we weren’t here, we’d be home doing something outside anyway,” he said.

Amber, who was playing footgolf for the second time, said she enjoys the exercise. “It’s something different, and we like doing competitive things,” she said.



Nancy Thompson photo

Jon Fuchs of Manchester kicks off while playing footgolf.

There is one other important difference between traditional golf and footgolf. Minnechaug’s famed water hole is not part of the footgolf layout, and Tennant has placed long rakes wherever there is a water hazard so players can recover their balls. “There are no lost balls in footgolf,” he said. **GL**

Footgolf is available at Minnechaug Golf Course Sunday from 4 to 7 p.m. and Monday and Tuesday from 5 to 7 p.m. The fee is \$7, with an additional \$5 for players who need to rent a soccer ball. Visit minneghauggolf.com for details.



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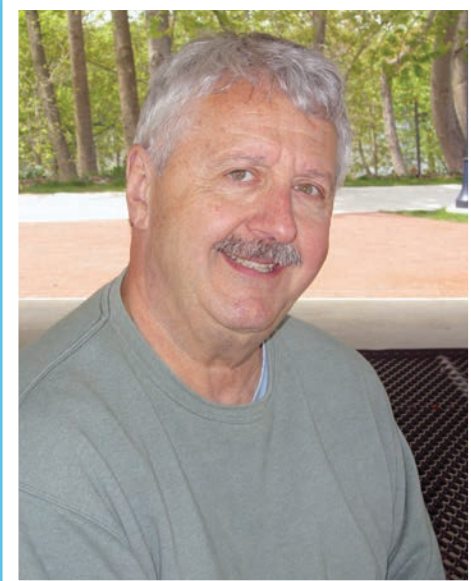
Moms might be showered with attention in May, but don't forget about dear, old Dad! With a belated tip of the hat to fathers, Glastonbury LIFE took to the streets to hear people's favorite memories of their dads. Here's some of what you said:



My favorite memories of my father are going out to Long Island and going fishing. It was so much fun and the beach is so amazing.
– Kim Reid



When I was little, my room faced the driveway and he would get up and leave for work in the morning at 5:30 or 6. He would stop the car and lean out the window and wave at me. My mother eventually had to tell him to stop because she didn't want me up at 6.
– Heather Forsdick



Being at our cottage in Maine and playing with him in the ocean, and just spending time with my family on the coast of Maine.
– Joe Dionne

Mara Dresner photos

Jeffrey Bodeau
860.463.9296
Jeffrey.Bodeau@raveis.com



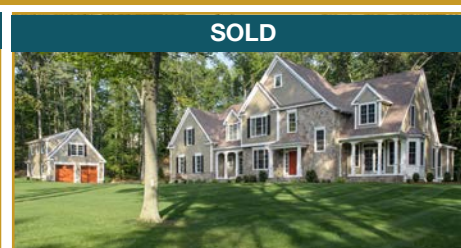
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Events

spotlight

Glastonbury Riverfront Music Fest

July 6, 13, 20 and 27, 7 to 9 p.m.
Lawn behind the Riverfront Community Center
CT River Chamber,
860-659-3587 or ctriverchamber.org/events

This annual summertime event sponsored by the chamber of commerce and the town's parks and recreation department will feature live music, food vendors and the opportunity for picnics on the lawn. Entertainment will be provided by the Driftwoods, a Beach Boys cover band, on July 6, the Idol Kings, a

Journey cover band, on July 13, In Deep, performing classic rock, blues and Southern rock, on July 20, and Rubix Kube, an 80s cover band, on July 27. Free parking and shuttle service will be available at 180 and 200 Glastonbury Boulevard, next to Somerset Square. The concerts will be cancelled only for rainstorms with thunder and lightning.

Sayulita on the Farm Mex-A-Que

July 17, 3 p.m.
Killam & Bassette Farmstead,
14 Tryon St., South Glastonbury
KBfarmstead.com or
860-833-0095

Killam & Bassette Farmstead is teaming up with several other area businesses to offer a gourmet Mexican-inspired meal prepared by Van Hurd, the chef at Sayulita. The event will feature the farm's meat and produce, wine from South Side Wine & Spirits, coffee from SoG coffee roasters and Norm's Best BBQ sauce. Hors d'oeuvres will include a salsa bar, a flower pot crudité, and jalapeño hummus platters, and the main course will feature the farm BBQ chicken, green chili pork verde tamales and Tijuana kale Caesar salad as well as other south-of-the-border treats. Dessert will include blueberry crisp, ancho pie bites and a watermelon platter. Tickets are \$90 and are available at the farm and Sayulita, online at KBfarmstead.com, or from Chris Bassette at 860-833-0095. All proceeds will benefit the Judy Lynch Memorial Scholarship Fund in memory of Bassette's mother.



Kidding Around the Center

Kidding Around the Center

July 19, 6 to 8 p.m.
Fountain Green, corner of
Hebron Avenue and Main Street
Glastonburytci.org

As part of its children's events, the Town Center Initiative will sponsor its annual family-friendly summer celebration at the Fountain Green. The event will feature a children's workshop sponsored by Home Depot, live entertainment, fishing in the fountain and other activities. Rain date is July 21.

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“Just like any other 17-year-old”

Graduating senior outstanding in gymnastics

by Nancy Thompson
Editor

Eugenia Leal will graduate from Glastonbury High School this month. GHS Principal Nancy Bean suggested we profile her because of her accomplishments while a student at the high school. Eugenia agreed to answer Glastonbury LIFE's questions about her time at Glastonbury High School, her family, and her other activities.

1. Please tell us about your interests and activities at GHS and in the community.

I have always been very social and liked to help people. During my freshman year I joined Key Club, which is one of the largest

organizations at GHS where students take part in community service projects. I love giving back to the community and meeting new people. Unfortunately I only did it for one year because my schedule was loaded with practice. What I later did because I wanted to stay involved with the community was to serve food to the needy once every quarter and read to less fortunate kids at the shelters when their parents were doing other things. I have also stayed involved with the Hispanic community by donating food and gifts to families during the holidays. This is a family tradition where we select three or four families from Hartford and the surrounding areas and we send

presents and make their holiday a bit more enjoyable despite their living conditions.

2. Gymnastics has been an important part of your life for several years. Please share your experiences with our readers.

I have done gymnastics since I was six. Anyone who has done the sport knows how time consuming it is when you are at the Junior Olympic competitive level. It is a rollercoaster ride as you have to dedicate your life to the sport and put other things to the side. For example, I barely could go out because we had such a strict schedule that when I got home I was so tired that all I wanted was to go to bed. You give up a

lot but you also grow on many other fronts. This means putting life on hold in order to achieve goals and dedicate myself to the sport I loved. During the years the gym has been my second home, teammates are my sisters, coaches are my parents and judges are the adults you become familiar with. Going to bed after 8 p.m. was a luxury.

Visiting the doctor's office become regular and the freezer is full of ice packs, hands are ripped and the body is sore. Juggling school and gym is a very hard task; it requires discipline and the drive to be successful. We had to adapt our school schedules to the practices, as our training would begin at 2:30 p.m. until 6:30 p.m. That meant



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missing breaks and sometimes doing homework in the car. I won many championships and the most important one was in 2012 when I swept state, region and a national title. I was the best vaulter in the nation at my age group.

Gymnastics requires big mental strength and passion. You learn to walk on a four-inch wide and four-foot tall beam and you also learn to fall. It teaches you to be brave to have courage when you are running against a still object and you get bruises and scars from slamming your shins and toes on the bars. Overcoming fear is like a daily obstacle that one faces. Gymnastics is a lifestyle that is different from any other sport. It's addicting, it's year round you can't get away from it.

3. What is your fondest memory of your time at Glastonbury High?

I have enjoyed many things during these four years at GHS. If I were to pick one would be attending the soccer games during my sophomore, junior and senior years. These were exiting and enjoyable because of the school spirit and because it is always great to go to the championships and win. Everyone has played soccer once in their life at a very young age, so everyone is into the game cheering and understanding what goes out on the field. It's a dramatic game, especially when it goes into penalty kicks, I guess we all cheer for a team and not for individuals. We become one school with one goal.

4. Please tell us a bit about your activities outside of school, such as volunteering in the community.

My main activity outside of school was gymnastics, however, since seventh grade I have been volunteering during Christmas breaks to help families in need. I have dedicated Saturdays to help cook food for food shelters and have helped little kids with reading. I also

enjoy playing tennis whenever I can and golfing too.

5. What do you enjoy most about living in Glastonbury?

What I like best about living in Glastonbury is its location, because it is in between two major cities and yet maintains the suburban lifestyle. It is great to be able to spend a day or the weekend in New York City or Boston and get to visit museums or simply hang in the city.

Another great thing about Glastonbury is how it preserves history. You can see along main street old houses from the 1700s that are still intact and well maintained through the years, houses that served as schools and where slaves were kept in hiding. Also parks and the Connecticut River are nice places to sit and enjoy time with friends

6. What do you do when you just want to kick back and have fun?

Listening to music and watching Netflix in my room are probably what I do to relax because it takes me away from thinking about gymnastics or school work...it is my safe place

I love to travel, and whenever possible I would sneak a trip in between my practices. Every time we had competitions outside of the state we would also take time to do some sightseeing and enjoy the time in that particular state. I am lucky enough to say that we have visited 31 states in the U.S. and eight countries. I also love to spend time with my friends and go out to parties just like any other 17-year old.

7. Tell us a bit about your family.

I am the oldest of two girls. We are originally from Venezuela and moved to Chicago in 2003 when my parents were transferred to the U.S. My dad is an auditor for Leviton Manufacturing and my mother works in human resources for ESPN. My little sister is a dancer and is currently in sev-

enth grade at Smith.

I have been lucky to be part of a family that has very strong core values, foremost among them education and serving the community. We are very close family and love to spend time together. Most of my relatives live abroad but through technology and their frequent travel to visit us, we stay in touch.

8. To whom (or what) do you credit your success thus far? Why?

Although both of my parents have supported me through my sports and academic life, my mother has been my major influence. Her high standards and work ethic have been the root of my vision for success. My grandmother has also been instrumental as she is there when I need small talks and I see her as my friend.

9. What are your plans for college? What would you like to study?

I was admitted to the University of Iowa in August and I will be attending as a student-athlete. My dream as a little girl was to do gymnastics for a Division 1 school, so I will be joining the team this summer. I will be starting school on June 27, which is only two weeks after graduating from high school. At first I will be taking basic classes until I decide what I want to major in. At this point I am looking at computer science major but I have also had a passion for sports management since I have been involved in the sports world throughout my life. Once again I will juggle my studies and my passion for sports.

10. After college, what would you like to do?

Following in my parents' footsteps I want to complete my bachelor's degree and continue on for a masters once I acquire a bit of experience in the job market. If I end up with the computer science major I do see myself developing apps for major technology companies. **GL**

Eugenia Leal,
2016 Glastonbury
High graduate.

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New restaurant offers 'a funky fun place to hang out'

Bin228 opens on Hebron Avenue

by Mara Dresner
 Staff Writer

Walk into Bin228 Gastropub and you might feel disoriented for a moment. The feel is European and it's easy to forget that the space recently was home to the Mustard Seed Café.

"There was a seven-month buildout. We decided to do this last June. We started the buildout in late August, early September," said owner Alicia Roncari. "We had to bring all new electrical, new flooring. We took out the big pizza oven stone in the middle. That was a nightmare. We worked around that oven before we could figure out where it could go. We needed a crane to get it out of here. The only thing that's really left is the hood. We wanted it to be industrial. We looked at a couple of places in West Hartford, then somebody called me about this spot. I walked in and said, 'We can do something here.' At 2,100 square feet, I could see this working for what we wanted to do."

This is the second Bin228 restaurant. Roncari and her ex-husband, Peter Johnson, opened the first in Hartford in 2003.

"We wanted it to be different than Hartford," she said of the new location.

Johnson is the executive chef at the new location. Roncari took on two partners, Daniel Coburn and Dan Urlage.

Both Roncari, who's from Windsor Locks, and Johnson, who's from Westport, have extensive restaurant experience. The pair met while working at Peppercorn's Grill in Hartford. The original Bin228 concept was inspired by a trip abroad.

"We took a trip to Italy to visit family and that's where we

decided that's what we wanted to do. We wanted to open a wine bar like they had there," Roncari said. "There were no wine bars at that point in the area. If you were going down the road in Italy, [wine bars] are like Howard Johnson's down the side of the road. You can go in and get an espresso, a panini, a glass of wine." The couple did research in Italy and New York.

"We couldn't do exactly what they were doing in the city, in Italy," she said. "There was a lot of collaboration back and forth. We'd be emailing Italy, talking back and forth and trying different things. We wanted to bring something different to downtown. The building [in Hartford] looks so European. Our friends said it was too small,

It's sort of French bistro meets London pub," she said.

The décor reflects that. There's seating for 78, including a patio area. There's also seating by the windows, which open, giving the feeling of being outside while remaining under cover.

Additionally, there's counter seating where people can watch the kitchen prep, which Roncari said has been a popular option.

She said this is a much bigger space than Hartford.

"The major difference is downtown our kitchen is 10 by 10," she said. "We work off of two panini grills, a very small convection oven and two hot plates. It's crazy! We get a huge theater crowd in Hartford, and the meals my guys in the kitchen are putting out blow me away. I'm still amazed by them.

Here we were able to have full kitchen. We can sauté, we have a grill, we can do anything. The fun of it was being able to expand on Hartford and be able to offer more

"We took a trip to Italy to visit family and that's where we decided that's what we wanted to do. We wanted to open a wine bar like they had there."

—Alicia Roncari

that we were nuts, but we knew what we wanted to put in there. We had a vision."

The Glastonbury restaurant, which opened in April, almost had another name, Bin63, based on its address on Hebron Avenue, but the owners had another thought.

"We're branded already. We thought the recognition would help. People would know who we are and appreciate what we've been doing already for last 13 years. We didn't want to reinvent the wheel," Roncari said.

That doesn't mean that the restaurant is a replica of the original location.

"We wanted to bring something that was different. We brought some things from Hartford and added some things.

options. People don't necessarily always just want small plates. That's what we're known for in Hartford. This gives us the opportunity to bring more things and be a little more creative."

It's a varied menu that will change seasonally and utilize local ingredients as much as possible.

"The menu is not tied down to any specific cuisine. It's anything from fish and chips to a pork vindaloo. We have a really yummy turkey burger. We brought over some of the paninis. We have house-made donuts," Roncari said. "Everything is made here, the salad dressings, the limoncello is made here, any of the dipping sauces are made here, all the soups, the desserts. Everything is made here except the breads and the gelato.

Roncari's first restaurant job was at the Chart House in Simsbury.

"Then I worked for Pagani's Brick Oven in Manchester, then Peppercorn's. I worked for the Max Group for a little while. Then I got too old to work that many hours for somebody else, and Peter and I decided it was time to do something on our own," she said.

She's always enjoyed the restaurant world.

"I knew I liked the business; I knew I liked people; I liked making people happy, that's why I did it," said Roncari, who's held various restaurant positions, such as bartender and manager, and ran her brother's restaurant in St. Croix. "It's just fun making people happy. Food brings people together."

Johnson said he has one main objective.

"The ultimate goal is to make the customer happy," he said.

"I want people to be comfortable. I want people to feel comfortable and relaxed. There's a friendly vibe.

He said the menu includes several favorites.

"My all-time favorite is the braised short ribs, I love those. I think our

turkey burger is fantastic. And the quinoa salad and kale salad are also healthier choices," he said.

The two are also thinking of adding another location, although not right away.

"This took so long. I know I need a chance to breathe a little bit," Roncari said. "It was a labor of love for me. It's deep in my soul."

She wants the restaurant to be "a funky fun place to hang out" and hopes that people enjoy the experience.

"It's dinner or it's lunch, it's just food. I don't take myself really seriously but I am serious about my passion for food and my passion for taking care of one other and the business. It should be fun," she said. "We wanted to create this experience that would be fun for people. It's not pretentious. Even when we did Hartford, we wanted it to be a place where we could hang out and be comfortable. We're jeans and t-shirt people. You can dress down and have a really good meal. Dress down, have fun, don't take life too seriously, enjoy yourself." **GL**

Bin228 Gastropub is at 63 Hebron Avenue. The phone is 860-430-9699 and the website is thebin228.com.



Alicia Roncari, owner of Bin228 Gastropub, has had a long career in the restaurant industry

Photo by Mara Dresner

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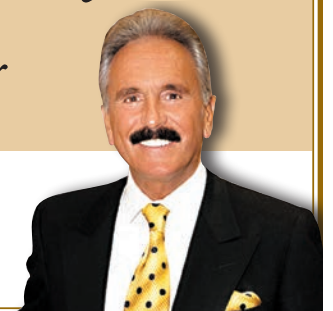
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'Blending technical perfection with stunning creativity'



Photographer enjoys shooting nature, sports

by Mara Dresner
Staff Writer

Mark Sanderson's first camera was a Kodak Brownie, a gift from his mother, when he was about 10.

"My mom used to take a lot of pictures, and I used to mess around with it. I actually still have that camera," said Sanderson, who grew up in East Longmeadow, Mass.

Mark Sanderson stitched together several photos to create this one of Rose's Berry Farm.

©Mark

Mark Sanderson photo



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Mark Sanderson photo

Mark Sanderson took this photo of Glastonbury artist Ken Dorros earlier this year at Horton's Farm and called it "Caught in the Act of Painting." He edited the photo to make it look like a painting.

He earned a degree in physical education from Plymouth State University in New Hampshire.

"When I graduated college, there were not a lot of teaching jobs available. I did some substitute teaching. I did some tennis stuff; I'm also a tennis coach. I ended up getting a job at The Hartford as a computer programmer," he said.

He also began to explore photography more, after receiving his first "good camera," a Canon AE-1, as a college graduation gift in 1979.

As his career in computer technology took over, and his photography took a back seat until he got his first digital camera, a Sony, in 2001.

"It was kind of revelation. Instead of 24 or 36, all of a sudden, I could take 100 photos. It was just so freeing. I would go out in nature, to the Windsor River Trail, near Loomis Chaffee School. I would go out there a lot," Sanderson said, adding that he found photography to be therapeutic after the death of his wife Karen DeFrancesco in July 2005, two weeks after the death of his mother, Lillian Sanderson. "I was kind of lost in limbo. I used photography to keep myself from going completely crazy."

He started doing photography professionally in the mid-2000s and has found a way to combine his many interests.

He's shot many sports events, including Campbell's Hall of Fame Championships in Newport, Rhode Island, the Connecticut Open tennis champi-

onship, the Buick/Travelers Championship, and the U.S. Open Snowboarding Championships in Stratton Mountain, Vt. He's also a contributing photographer for the International Tennis Hall of Fame in Newport.

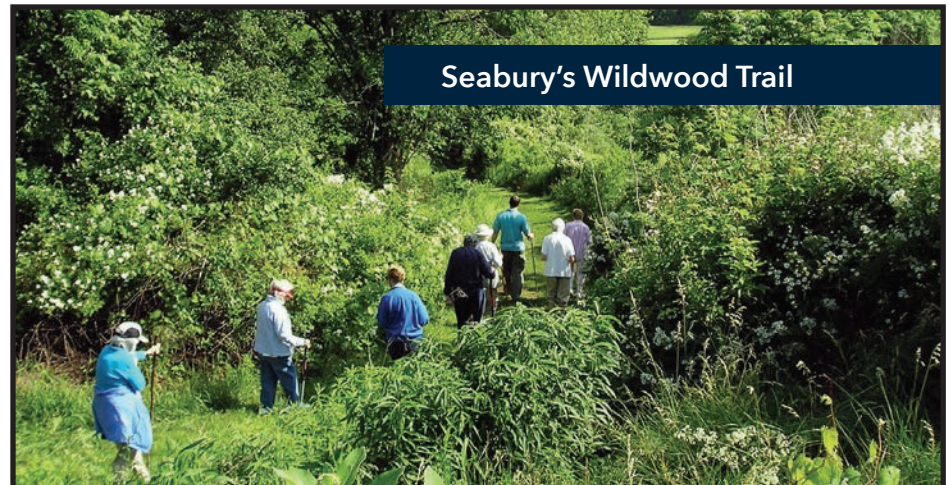
He is a certified tennis professional and coach and has coached high school tennis in the area, so tennis photography is of special interest to him.

He also continues to enjoy nature photography, including at Rose's Berry Farm in South Glastonbury, where he lives with Sandi Rose.

"I've been able to do a lot of stuff out here at the farm. There's spectacular stuff all the time," said Sanderson, who now works in sales in addition to his photography career and doing marketing for the farm. "When it's quiet and I'm just walking round with my dog, Maggie, a chocolate lab, I'll bring my camera and just see what's out there. Sometimes there's nothing out there, sometimes you might see a deer. At other times, birds and butterflies. I think the best seasonal shots are from the fall. I like to see the changing colors and the pumpkins out on the field. Another cool time is when people are here for Christmas trees."

He also enjoys shooting throughout New England and in Mexico, where he and Rose travel regularly.

He's done several photo-books, including one of the doors



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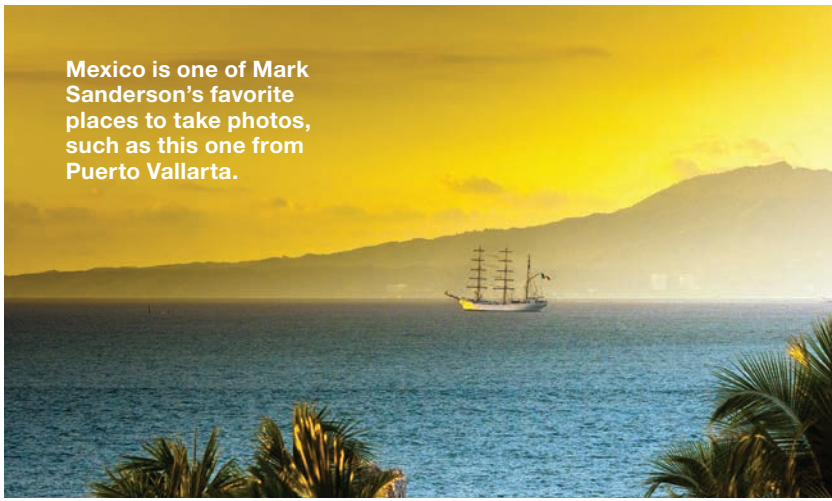
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Mexico is one of Mark Sanderson's favorite places to take photos, such as this one from Puerto Vallarta.



Mark Sanderson caught Maria Sharapova at the US Open Tennis Tournament in 2011.



of Mexico and one of the doors of Glastonbury.

"I have met Mark on several occasions through the Connecticut Professional Photographers Association," said Seshu, a portrait photographer in Avon. "Mark was always involved in the workshops or the seminars there, always eager to learn about the latest approaches to photography, and a lot has changed in the last 10 years. On one of the occasions when I arrived a little early to the event, Mark and I sat down to talk shop like most photographers do and I was intrigued by his work. He produced his iPhone and I sat through the presentation gobsmacked at the photographs in his portfolio. He has a wonderful sense of light, texture, color and composition."

Sanderson's motto is "From the Mind's Eye...to Reality."

"I believe, like an artist, that great photos are envisioned. There are, of course, the grab-shots, something happens fast and you get it, but I try and be aware of the world and the things around me, and try to capture them in a realistic,

yet creative way," he said.

He often travels with two cameras with different lenses.

"The biggest thing is awareness. Eventually if you do it enough and have a passion for it, what I'm looking at, I'm able to edit in my mind, to frame the picture," Sanderson said Sanderson. "I enjoy doing that; it's fun. I also enjoy editing photos. You can crop a photo that creates a new photo that's more powerful."

In his day-to-day life, he likes to travel with a camera and encourages people who are interested in photography to just get out and take photos.

"The best camera is the one you have with you," he said. "I tell people to get out there and shoot."

And while he still has his first camera, he's committed to the digital world.

"Digital is easier. You can see what your results are right away; you can adjust. There's instant gratification. I think film photography was kind of exciting. You had to wait a few days. It was always kind of exciting to see what was coming back," he said.



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He said that digital photography has changed people's expectations when hiring a photographer.

"When they were shooting film at weddings, they would shoot maybe 100 photos. Now people are expecting to see 700, 800 photos or more," he noted.

Even with digital, he encourages people to go hard copy.

"You should still make prints. Seeing your photo in a beautiful print, it's that much more real. Nothing as nice as a nice print," he said.

Sanderson's work is for sale at Rose's Berry Farm and on his website. He's sold pieces to several corporate clients as well.

He said that a variety of things might catch his eye.

"It's either the subject matter if the subject matter is unique or the lighting or the color, or all of the above," he said. "My passion is sports and nature. I'm trying to capture the beauty in the world, that's kind of what I'm looking to do. I look for reflection, when I'm near the water. I'm looking for reflections in the pond, colors reflected in the pond, patterns in the sky. With sports photography, I'm looking for shadows. There's always an interesting shadow there. I might take 25 pictures until I get the right one that gives me the shadow I'm looking."

Jake Putnam, a writer and photographer in Boise, Idaho,

has known Sanderson for decades.

"I met Mark back in 1977," he said. "We were tennis instructors at a tennis camp in Mercersburg, Penn. I remember that he had a camera and was just starting to take serious photos. I was using an instamatic at the time and documented our travels. He too was snapping photos at the time. We reconnected five years ago, and in my work I snap photos to illustrate my articles. I asked Mark for advice and he basically taught a course on digital photography in one phone call. His advice is simple: Frame it, crop it, use the rule of thirds, watch the exposure. You may think this is so simple, but he does amazing things from basic concepts. I noticed from day one that his work, every photo, is outstanding in its own way. Everything he shoots is with passion and an equal sense of perfection. Usually those two things never mix well together, but he has a way of blending technical perfection with stunning creativity."

Putnam is especially impressed with Sanderson's tennis photography.

"His tennis photography stands alone because it's a very hard sport to shoot. There is so much motion and timing the photos must be instinctual, even mystical," he said. "These are issues that take years to



Mark Sanderson photos

Mark Sanderson has photographed a collection of doors in Glastonbury.

perfect. He makes it all look easy, even simple, but it's not. He's taken a flat medium and given it depth and color and I can spot one of his photos because his style is distinctive," Putnam said. "His work is in the

Tennis Hall of Fame and that says a lot about Sanderson and his work. His landscapes are serene, like still life paintings. I wish someday to shoot at that level." **GL**

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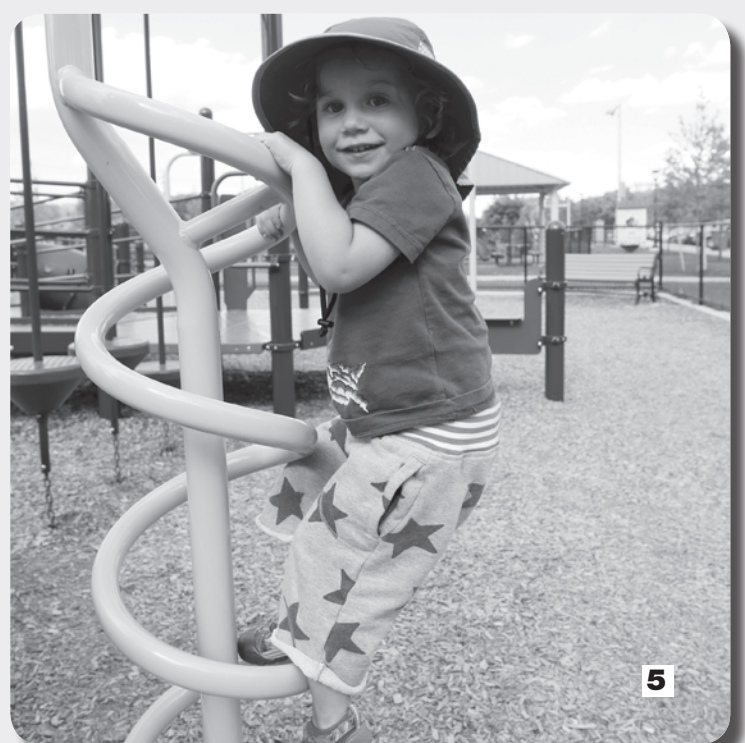
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Slice of LIFE

photos by Brian Ambrose



Riverfront Park

Riverfront Park has something for everyone. These people were among the many enjoying the park's facilities on a beautiful spring day. **1.** Another beautiful sunset looking upriver from the docks. **2.** Riley Knerr enjoys the playscape. **3.** Kim Poulin and her son Jason enjoy their favorite spot on the docks overlooking the river. **4.** Mae and Rose Stanton share a hug at the playscape. **5.** Elliott Clay makes his way to the top of the playscape. **6.** Nick Monsarrat and his faithful companion, Xerox, enjoy a beautiful sunset along the river. **7.** Sharon Mann, Lauren Mann and Maya Giusani grab a selfie during sunset. **8.** Leah Mik, Jordan Telgat and Jordyn Mik cool off with ice cream and fans under the pavilion at Riverfront park. **9.** Kassandra Colon, Isabella Wilkinson and Stephanie Colon cool off at the Riverfront Park fountain. **10.** Sally Maglio and Mary Ellen Kimball love to walk all around the park. **11.** Kim Siros gets ready to do a bit of fishing.



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Glastonbury resident Rachel Grusse, center, plays against the Northeast Passage Wildcats

Photo by Todd Blosser

Stopping to smell the basil

Damian Fox coaches sled hockey team

by Mara Dresner
Staff Writer

You might think there are major differences between coaching a sled hockey team and coaching able-bodied players. Damian Fox would disagree.

"Coaching sled hockey and able-bodied hockey is extremely similar," said Fox, who was appointed head coach of the Gaylord Wolfpack sled hockey team in December. "Hockey is a tough game that needs to be played with passion in order to have success. You need to be gritty, sled or able-bodied."

Fox has coached a variety of youth sports in Glastonbury, including girls' and boys' soccer, basketball and baseball. He also volunteers as assistant coach of the Whalers Youth Hockey Peewee AAA team in Cromwell.

"I spend a lot of time at the rinks and late last summer I heard the sled hockey team was recently taken over by Gaylord Sports Association at Gaylord Hospital in Wallingford.

And that they were looking for volunteers, coaches and donations. I originally began speaking to Katie Joly, the smart and energetic director of the sports association. My company often donates to charities and I had just watched the U.S. win the gold in Sochi in sled hockey so I felt there was no better organization that Foxy Lube could help out," said Fox, who owns Foxy Fast Lube, a 10-minute oil change business in Willimantic.

The team was in transition.

"After speaking with Katie, we talked a lot about their need for a coach to help rebuild the program. I ended up meeting with Katie and Karen Smith. Karen is the goalie and manager of the team and has been for 12 years. They grilled me for a few hours regarding hockey, work and life in general. Ginger, Karen's service dog, was also there sleeping on my feet the entire time. Ginger's affection for me must have made an impression as they called me the

next day and offered me the head coaching job. Between work, coaching the kids and my wife's full time job at Loomis Chaffee, I had to really think hard. I did not want to accept the position if I could not give the team 100 percent," he said. "I then met with my two great friends and men's league teammates Rob Ruggiero from East Hampton and Mark Nagel from Colchester. I told them about the team, the commitment it would take and asked them to be my assistant coaches. I was convinced I could not do this alone. Both Mark and Rob have also been coaching for years and after a few beers at the Diamond, we agreed we would do our best to make the Gaylord Sports Association Wolfpack the best team they could be. We also agreed that we would be in this for the long haul."

That meant commitment, not just from the coaches but from the players.

"It was our first time coaching disabled athletes. We had one question for the team before accepting, 'Do you want to win?' We were adamant that practices and the program



Courtesy photo

Damian Fox is head coach of the Gaylord Wolfpack sled hockey team, which he calls "the most competitive and hardworking bunch I have seen."

had to be run competitively at all levels. The team's answer was quick and heard loud and clear: absolutely," he said.

Already, his coaching is making a difference. The team finished 1-18 in the 2014-15 season.

"The team had been a little discouraged and didn't have a full-time coach. This year we are 6-14. Many of those losses were also close. We work hard every week and set small goals. When we are playing a great

team, our goal may be to just play them even for one period. Achieving our small goals feels good and the team feeds off that success. Our biggest compliment this year came from the coaches of New Hampshire. One of the coaches was also the captain of the USA team that won the gold medal in Sochi last year. After our last game versus them they told us our team looked reborn. That was nice to hear. Our guys and girls have really given us everything they have. And we get better each week," Fox said.

"In a short amount of time, Damian has made a tremendous impact on the team. From his coaching skills, his ability to motivate the team, to his goal-oriented approach, he is just what the team needed to bring us back together and be able to excel in the sport. Damian has impressed me from the beginning. He didn't know much about sled hockey or working with athletes with a physical disability when he joined us, but he took on the challenge at full speed and hasn't looked back. He not only understands the need for a strong coaching staff but

also the need to get to know each individual player, the importance working together as a team, and he is always looking for ways to promote the team and build a stronger financial base through fundraising and sponsorships," said Joly, the program manager for the Gaylord Sports Association.

The team is made up of four women and seven men ranging in age from 20 to 63. It is the only team in the country to have three female players on a national sled hockey team.

"Hockey is a tough game that needs to be played with passion in order to have success. You need to be gritty, sled or able-bodied."

—Damian Fox

Fox grew up in Avon and played hockey and soccer at Avon Old Farms before going to Trinity College, where he majored in history and played soccer. He enjoys life in Glastonbury, where he lives with his

wife, Heather, and his son, Luca, and daughter, Ella, on Main Street in what he described as "the house with the rink in the front yard."

"My favorite thing about Glastonbury [is] the location. I like being close to work and it's nice to know I'm only a two-hour drive from Yankee Stadium," Fox said.

Having each other's backs

The Gaylord team is the only sled hockey team in Connecticut. The sport is sometimes also called

petitive and hardworking bunch I have seen. They let it all out on the ice and they are motivated to learn, practice and improve their game. Our practices are tough and nobody ever complains. The team needed to be pushed, they needed new life," he said. "Every Sunday at around 4:15, the trucks and vans and cars roll in to Westminster School in Simsbury and the players get out and load the hockey bags on their laps, most hang their sled on their heads, dogs helping carry goalie equipment, and head to the locker room to get ready for practice. My athletes are 100 percent capable of doing just about everything themselves."

The weekly practices at Westminster are an hour. The team also practices at other rinks when available for anywhere from an hour to two hours.

"Once we are on the ice, it's all business, and after practice the locker room talk is just as, what's another word for raunchy? I don't know," he said. "But this team is just like any other able-bodied team. They ride one another, laugh and bicker

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just like any other team. And they have each other's backs better than any team I have seen. These players have been together much longer than any pro team, certainly much longer than any high school or college team. Most of the guys and gals have been playing together for 12 years. And although it's only been about six months I feel like I've known this crew for a long time."

There are a few adjustments for coaching the team.

"There are a few technical differences that we take into account. In sled hockey we don't skate backwards, so we have to be a bit more conservative when defending in the neutral zone. When our defenseman pinch and miss, it often can lead to the opposing team being off to the races. That's why taking the body is essential. And when you make a check, you need to finish the check," he said. "The most surprising thing to me was definitely how hard our players can shoot the puck. Some of our guys shoot harder than very good able-bodied players. In order to use just your upper body to get that kind of power on a shot still amazes me."

The team plays monthly in cities including Philadelphia, Washington, D.C., and Detroit.

"We ride together, fly together, eat together and live with each other on these trips. And although we are there for hockey, we certainly don't cheat ourselves on the fun. I have to tell you that after months of team bonding and playing the best teams in the world and all the traveling, I really don't see these guys as disabled. Obviously they are mostly all in wheelchairs and we need special accommodations with vans, bathrooms, hotel rooms etc.," Fox said. "But my point is that it's just a hockey team. I don't have to help anyone with anything to do with their daily lives. Holding a few doors and maybe giving a wheelchair a nudge or two here and [that] is about it."

The team is improving steadily.

"Our team is coming off

the two biggest wins in a long time," he said. "We beat the Philadelphia Flyers Sled team in Philadelphia 4-3. Philly had four former Olympian men on their team including one of the best Paralympic athletes in the world. And then last week we upset the New York Rangers Sled Hockey team in a shootout at Newington Arena. Over the season our team has improved on the fore-check, breaking out and neutral zone play immensely. We are the talk of the league; teams are not seeing us coming. We hit ferociously as it's a full checking league. Rachel Grusse, a 23-year-old double amputee, hits so hard she ends up spinning around like a top. And then goes back for more. We wear teams down."

Grusse, a Glastonbury resident, learned about sled hockey from some friends on her wheelchair basketball team.

"I like many things about it. My favorite part would probably be hitting. Checking people is an important aspect of the game. I really enjoy the contact as well as the strategy. It's constantly changing and it requires you to adapt quickly to your opponent's next play," said Grusse, a double below-knee amputee who has been playing for four years.

She's been impressed with Fox's leadership.

"He is a great coach. He pushes us to do our best and he clearly has a lot of passion for the sport. He teaches us proper plays and is very encouraging. Since Damian has started coaching us, we are more dedicated and enthusiastic. I think that happens because he coaches so well. He brings us together as a team by emphasizing the importance of practice and perseverance. The hockey knowledge he possesses is so essential because knowing when to have a player chase or hit makes or breaks a game," Grusse said.

In addition to playing for the Wolfpack and playing wheelchair basketball, she studying graphic design at Central Connecticut State

University and works at the bookstore on campus. She also is a member of the 2015-2016 US National Women's Sled Hockey Team.

"I played a game against the Women's National team last year with the Connecticut Wolfpack sled hockey team and was able to introduce myself to the coach," she said. "I was invited to practice with them that same weekend, which was awesome. I then was invited a couple more times to play with them and I had so much fun that I decided to try out for the team in August. Now that I'm on the team, about once a month we get together and play men's teams around the country to train to play against our international competition, as well as continue to train individually on our local teams."

The team has competed against Canada and will be competing against Norway.

"[Sled hockey] is just as competitive, just as much training and just as much fun to watch as able-bodied hockey. And it's just as much fun to check people," Grusse said.

Fox believes Grusse is an exceptional player.

"Rachel is remarkable. Rachel is fearless and loves to compete. Rachel hits so hard her helmet ends up sideways," he said. "Rachel is beginning to really understand the 'systems' of hockey, fore-checking, breaking out, cycling and neutral zone play. Combined with her tenacity, grit and competitiveness this makes her a dangerous player for the opponents."

"In addition to being a double amputee, which actually helps in sled hockey as she is quicker and more mobile, Rachel is missing many of her fingers," Fox said. "Missing fingers is holding her back from being able to shoot hard. Some of the veteran guys on the team have been working with her on how to shoot. It's very hard for her to get the proper grip she needs to generate power. But the guys have certainly helped her as she has scored four goals in the last three games. And scored on good, hard shots."

Rachel learns more every week and gets better and better each time she gets on the ice. Rachel asks questions and listens. Rachel is extremely coachable and that has resulted in her being one of the best women sled hockey players in the world. And she is only going to get better. Rachel is also one of my kids' favorite players; she is easy to root for. At 23, she has a very promising future in the sport. We are very lucky to have her on our team. Rachel is a great ambassador for the sport and even though she would hate to hear me say this, she is inspirational. My players hate to be called inspirational, but in all reality they are. They are especially inspirational to children with disabilities. When kids with disabilities can see Rachel knocking around male Paralympians all over the ice after only playing for [a few] years it gives them something to strive for."

Fox said his family's support has been important.

"I am away with the team a lot. We travel all over the Northeast and the season runs from September



Courtesy photo

Rachel Grusse of Glastonbury, who plays with the Gaylord Sports Association Wolfpack, battles for the puck.

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Head coach Damian Fox gives a hand to Yukence Andino at a sled hockey clinic.

Courtesy photo

through April. So having my family support me really helps. I still get frantic text messages and phone calls when I'm away when Heather is lost in the backwoods of Litchfield county at 7 a.m. on a Sunday trying to find a rink and my son is texting me at the same time saying mom's making him late for his game," he said. "Heather is the first person I called when we beat Philadelphia for the first time ever a few months ago. She was happy for our team even though she was on her own that weekend taxiing kids from one game to another. You can't ask for more than that."

After coaching teams at all levels, Fox has a specific approach to his duties.

"I read somewhere recently that in order to be a good coach you need to accomplish two things. Do the players listen to you and are you getting the most out of your players? I believe that the three of us have definitely been able to accomplish that and have been able to set the tone to develop this team," he said. "I really try to watch myself when coaching. I have seen way too many coaches put their wants above what's good for developing players, especially in youth sports. Coaches will not play kids in games or play them the bare minimum. How stupid is that? Our job as coaches is to develop the players. And as the old saying goes, it's all about having

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fun. That's true but not completely accurate. Kids want to win, adult athletes want to win, disabled athletes want to win. Winning is fun. So teams that lose all the time don't have as much fun. But you never put winning over developing an athlete. When a kid plays a sport, and practices hard every day, and shows up to a game with a good attitude and his uniform tucked in and his parents and grandparents in the stands, and then he sits the whole game and the coach has to rush around at the end of the game to get him his mandatory few plays? That is just wrong. The coaches that do that are the coaches that were never any good at playing themselves.

"You win as a team and you lose as a team. And trust me when I tell you that some of those kids that get shafted by dumb coaches, those are the kids that end up making the big plays on the big stage later in life. In hockey I see coaches every day scream at a kid for falling down or shooting into the goalies pads. This I find ludicrous. The kid didn't mean to fall down and he was aiming for

the top corner. But it didn't happen. So as a coach you brow beat that kid?" he said. "I am all about being firm. But you have to be firm but fair. Kids don't develop when they are worried about getting yelled at by a coach. They can't be creative. The best basketball players learn on the playground with their peers, the best hockey players learn on the pond after school. The best soccer

"My players collectively have had over 150 surgeries related to their disabilities. They don't whine and they have each other's backs, always."

-Damian Fox

players shoot the ball of their garage 100 times a day. That tells me that coaches more often than not just get in the way. And all coaches are not like that. The good coaches are firm but fair. The good coach instructs the player on the sidelines, in between shifts, at practice. He or she does not scream at them from the sidelines during a game."

That doesn't mean letting things slide.

"If someone is dogging it, being disrespectful or whatever, then they are hurting the team. As a coach you can never let an individual hurt the team. That's when coaches need to be firm," Fox said. "Nowadays, every coach has to take classes and tests and all kinds of stuff in order to coach. But all the classes in the

disabilities. They don't whine and they have each other's backs, always," he said. "Coaching disabled athletes is the same as coaching able-bodied athletes. You need to know your players capabilities, you need to know your players outside of the game. You need to take an interest in their lives."

He comes back to a bit of advice from his father.

"My father is a great cook. He always has told me to stop and smell the basil, a favorite ingredient of his. Coaching this team for me is my way of stopping to smell the basil. There is something to be said to be surrounded by a group of people who make it really easy for me to like and to respect," he said. "Hockey is an expensive sport. Gaylord Sports Association is an awesome sponsor but we always need to raise more money. Feel free to reach out, come to a game, meet the team, and remember to stop and smell the basil." **GL**

For more information, including how to make a donation or volunteer, visit ctsledhockey.org.

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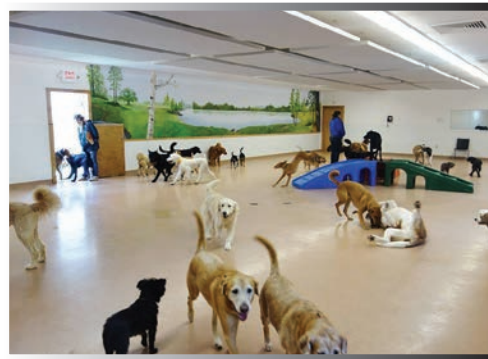
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People Notes

Mitchell R. Inero, a certified public accountant, has received the 2016 Jack Brooks Leadership Award from the Connecticut Society of CPAs. He is a business advisor with CohnReznick LLP in Hartford.

Local author **Tom Faustman** has released his new book, "Dylan's Chase," the third book in his "Misadventures of Dylan" series. The story, which finds Dylan in his senior year at Monsignor Conner High School, was influenced by Faustman's own coming-of-age experiences at "the courts" during the "American Bandstand" era in the suburbs of Philadelphia. The book is available in paperback or as an e-book at Amazon.com and Barnes & Noble.

David Flynn has earned the designation of Chartered Financial Consultant. He is a financial advisor with Glastonbury Retirement Advisors, LLC.

Lily Woodworth won the 2016 Kids for the Cure T-shirt competition sponsored by **Susan G. Komen** Southern New England. Her design was featured on all youth T-shirts at the organization's Race for the Cure Great Hartford event early in June.

Michael Mooney has been appointed athletic director for East Catholic High School. He served as assistant athletic director for the past two years.

Jeffrey Willsey graduated from Clarkson University.

August Fusco graduated from Lehigh University.

Ryan Craig and **Ryan Marques** graduated from Assumption College.

Emilio Fornatora graduated from Champlain College.

Rebecca Yankowitz, Matthew Ahlberg, Nicholas Puchalsky, Rebecca Marquis and **Emily Silliman** graduated from Keene State College.

Richard Frazier graduated from the University of Scranton.

Samantha Madnick graduated from Bucknell University.

Joseph Bray, Richard Conner, Joshua Dornfeld, Sonja Gagnon, Brenden Gottlieb, Morgan Hagearty, Scott Hinojosa, Erika Jagel, Leah Kent, Shelby Larsen, Clarissa Paquette, Alyssa Sampognaro and **Tyler Stebbins** graduated from Eastern Connecticut State University. **GL**



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July calendar

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5 Child/adult fun run, 6:30 p.m., registration, 6:50 p.m. start, Smith Middle School, 216 Addison Road. Divisions by age and gender. No fee.

6 Summer music series featuring the Driftwoods, a Beach Boys cover band, 7 p.m., Riverfront Community Center. Free.

Yoga for youths entering grades 7 through 12 with Stacie Kaye, 3 p.m., Friends Room, Welles-Turner Memorial Library, 2407 Main St. Space is limited. Register at 860-652-7720 or wtmlib.com.

9 CT Yoga Fest sponsored by Fuller Yoga, Pilates and Massage, 7 a.m. to noon, Smith Middle School baseball diamond, 216 Addison Rd. Includes yoga classes, a meditation class, exhibitors and vendors. \$20 in advance, \$25 at the door. Benefits cancer patients and survivors. Ctyogafest.org.

10 Music in the Park with the town band, 7 p.m., Riverfront Park. Free.

11 Board of education, 7:30 p.m., town hall council chambers, 2155 Main St. 860-652-7961 or glastonburyus.org.

12 Child/adult fun run, 6:30 p.m., registration, 6:50 p.m. start, Smith Middle School, 216 Addison Road. Divisions by age and gender. No fee.

Town council, 7 p.m., town hall council chambers, 2155 Main St. 860-652-7710 or glastonbury-ct.gov.

Healthy eating with nutritionist Nicole Larizza, 6:30 p.m., Welles Turner Memorial Library, 2407 Main St. Advanced registration required. 860-652-7720 or wtmlib.com.

13 Summer music series featuring the Idol Kings, a Journey cover band, 7 p.m., Riverfront Community Center. Free.

14 Kids' burger throw-down for youths entering grades 7 through 12, 3 p.m., Welles Turner Memorial Library, 2407 Main St. Space is limited. Register at 860-652-7720 or wtmlib.com.

17 Music in the Park with the town band, 7 p.m., Riverfront Park. Free.

Sayulita on the Farm Mex-a-Cue featuring Chef Van Hurd, 3 p.m., Killam and Bassette Farmstead, 14 Tryon St., South Glastonbury. \$90. KBFarmstead.com or 860-833-0095.

18 Walking Shorts book club for adults, 6:30 p.m., Welles-Turner Memorial Library.

19 Child/adult fun run, 6:30 p.m., registration, 6:50 p.m. start, Smith Middle School, 216 Addison Road. Divisions by age and gender. No fee.

Sand castle contest, 11:30 a.m. to 2 p.m., Eastbury Pond, 39 Fisher Hill Road. Registration starts at 10:30 a.m. Rain date July 20.

Kidding Around the Center, 6 to 8 p.m., Town Center. Sponsored by the Town Center Initiative.

Town plan and zoning commission, 7 p.m., town hall council chambers, 2155 Main St. glastonbury-ct.gov.

20 Summer music series featuring In Deep, a classic rock, blues and Southern rock band, 7 p.m., Riverfront Community Center. Free.

24 Music in the Park with the town band, 7 p.m., Riverfront Park. Free.

25 All about henna tattoos for youths entering grades 7 through 12, 3 p.m., Welles

Turner Memorial Library, 2407 Main St. Space is limited. Register at 860-652-7720 or online at wtmlib.com.

26 Child/adult fun run, 6:30 p.m., registration, 6:50 p.m. start, Smith Middle School, 216 Addison Road. Divisions by age and gender. No fee.

Town council, 7 p.m., town hall council chambers, 2155 Main St. 860-652-7710 or glastonbury-ct.gov.

Children's water festival, 2:30 to 4:30 p.m., Grange Pool, 487 Hopewell Road. Registration starts at 1 p.m. Popsicles will be served. Rain date July 27.

27 Summer music series featuring Rubix Kube, an 80s cover band, 7 p.m., Riverfront Community Center. Free.

30 Genealogy group sponsored by the Welsh Society of Western New England, 10 a.m. to 5 p.m. Participants are asked to bring their Welsh family tree and a lunch dish to share. Reserve a spot by emailing WelshWNE@gmail.com. Directions will be forwarded at that time.

31 Music in the Park with the town band, 7 p.m., Riverfront Park. Free.

glastonbury LIFE

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Note from Nancy

Of acorns and eggcorns

I've been immersed in eggcorns lately. Not the little nuts that drop from oak trees toward the end of summer, but a relatively new linguistic phenomenon that's intriguing and lots of fun.

Whoopee, you say. Yeah, I know. I minored in linguistics. I can't help myself.

According to Merriam-Webster, which added the expression to its online database only last year, an eggcorn is "a word or phrase that sounds like and is mistakenly used in a seemingly logical or plausible way for another word or phrase either on its own or as part of a set expression." They're sort of like puns – don't get me going – except they're unintentional.

The first eggcorn apparently came about when someone used it in place of "acorn." Google "eggcorn" today and you'll find hundreds, if not thousands, of them online.

"Deep-seeded" in place of "deep-seated" is a great example, as in "His comments revealed a deep-seeded racial bias." My eighth-grade English teacher would've said that's wrong, but if you think about it, the supposed mistake makes a lot of sense.

There's a good chance that you've used some of them without realizing it. I've discovered that I have, and I'm a total word nerd. I love puns and crossword puzzles and have not one, but two copies of the Associated Press Style Book in my home office, along with 13 textbooks about writing and editing and six big, fat reference books with titles like "Word Menu," "Complete Wordfinder," "Ultimate Visual Dictionary" and "Success with Words."



It's too early in the season for traditional acorns, so let's collect some eggcorns instead.

Which is right, "all in all" or "all and all"? I've always said "all in all," but apparently "all and all" is the correct phrase.

Same with "far be it for me," which is the eggcorn for "far be it from me," and "one in the same" instead of "one and the same." Who knew??

I used to think our important documents were stored in a "safety deposit box" at our local bank, but it's actually a "safe deposit box."

That Navy song? It's not "Anchors Away", but "Anchors Aweigh."

Here, in no particular order, are some of my favorite eggcorns. Some are clever, some are kind of dumb, others are thought-provoking:

Doggy-dog world
Lack toast and tolerant
Lip sing
Mute point
Pigment of one's imagination
Skin milk
Preying mantis
Bold-faced lie
Collaborating evidence
Cold slaw

For all intensive purposes
Do diligence
Commander and chief
Fly the flag at half-mass
Ex-patriot
Eggtopic pregnancy
When the chickens come home to roast
Cut off one's nose despite one's face
Ferment unrest
Explanation point
Extract revenge
Gamefully employed
Holidays sauce
Girdle one's loins
Post-dramatic stress disorder
Post-pardon depression
In high dungeon
Get one's dandruff up
Much adieu about nothing
Pass mustard
Morning dove
Physical year
Wheelbarrel
Stings and arrows
Myocardial infraction
Wreckless driver
Pullet surprise-winning author
Old wise tale

If you have any favorites, send them along. Maybe we'll do an Eggcorns II column.

– Nancy Thompson

EDUCATION

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Area classes teach basics so parents, youth feel confident

by Mara Dresner
Staff Writer

Babysitting is a rite of passage – and source of income – for many teens. Since there's more involved with babysitting than simply hanging out with a child, many youth turn to locally offered classes to learn the basics.

When Rita Chhabra's daughter, Avani, an eighth-grader at Griswold Middle School in Rocky Hill, was ready, she signed her up for a course offered through Rocky Hill Parks and Recreation.

"I wanted her to have a better understanding of the knowledge and skills needed to provide a safe environment while taking care of an infant or child. I also wanted her to have confidence in herself while being responsible for the children," she explained. "The whole five-hour course taught her so much and was extremely detailed and thorough, but I believe the first aid section, learning rescue breathing as well as other strategies for handling emergency situations, is something everyone should know."

Avani completed the American

Red Cross Babysitter Training Course April 10 in a course taught by Nancy Brescia, APRN.

"I wanted to take this class because I babysit for my cousins and I wanted to improve my skills," Avani said. "I think the most surprising thing I learned was about how many children suffer from food allergies."

She said the class has already made a difference in how she approaches babysitting.

"I have more patience and I problem solve when the children are fighting. I also have become more creative when thinking of fun things to do and I have become a better communicator," she noted.

Livia Jacobs, aquatics/recreation supervisor with Rocky Hill Parks and Recreation, said the course is offered a few times a year.

"We offer it a few times a year and it generally fills up with 10 to 15 students. Anyone ages 11 to 15 can take the course, but we predominantly have girls taking it," she said.

"It is not required to be a babysitter, but I think that parents might feel more comfortable if the

sitter has the certification."

The Red Cross offers several course options, according to Stefanie Arcangelo, chief communications officer, American Red Cross Connecticut and Rhode Island Region, which is based in Farmington.

"The Red Cross offers three different babysitting courses. The courses are designed for new babysitters and childcare professionals, and the childcare training courses allow individuals to gain the skills necessary to care for kids of all ages," Arcangelo explained.

Babysitting Basics is a self-paced online course, which was created for those ages 11 and older.

"Our online babysitting training course can help you learn how to provide care for infants and children, understand what to do in an emergency, choose age-appropriate activities, recognize and handle a range of behaviors [and] learn how to start your own babysitting business," she said.

The in-person Babysitter's Training is recommended for those ages 11 to 15.

"This course is designed to help participants develop leadership skills, build their business, help keep themselves and others safe, help children learn how to behave, and learn basic child care and basic first aid," Arcangelo said.

Advanced Child Care is offered both online and in person, and helps participants gain the skills to care for children and infants inside and outside of the home.

"The course delivers leadership training, child behavior and discipline training, as well as information on professionalism, safety, basic childcare and more," she noted.

The Red Cross also offers first aid and CPR/AED certification courses.

While the basics of babysitting have remained the same through the years, Dawna Shepler, regional manager with Lifesafe Services, LLC, said today's babysitters have much more information at their disposal.

"I feel that [babysitting is] the same in terms of providing purpose and finding value within the community and social environment; and

EDUCATION

that it differs in terms of available resources, including the Internet. The modern-day babysitter has much more to draw upon for their future actions regarding caregiving and community building skills. This level of training, with all of the new resources, offers so many opportunities for young community members to begin to take more self-worth into our collective future," she said.

Lifesafe Services, headquartered in Jacksonville, Fla., offers two courses, which are held at locations throughout the country. In Connecticut, they've offered more than two dozen classes so far this year in towns across the state, including West Hartford and Simsbury.

Their advanced course teaches child/infant CPR and first aid.

"Students get a two-year certification in CPR/first aid," Shepler said.

She said that while some states have regulations, an average age to start babysitting is 12.

"Before they are ready to be on their own, no matter their age, if they do not have any caregiving experience, it is more appropriate to become a Mother's Helper and integrate more with hands-on training, as early as 11 years old," she noted.

Arcangelo said while children as

young as 11 can enroll in the Red Cross. Babysitting Basics course, parents should consider their own child.

"Each individual is different, and there are a lot of factors that go in to whether or not a specific individual may be ready to take on the important role of babysitting someone's child," she said.

"I think the qualities of a good babysitter are maturity, being responsible, organized, [following] directions well and [enjoying] being around children."

– Livia Jacobs

There are a number of traits that make for a good sitter.

"I think the qualities of a good babysitter are maturity, being responsible, organized, [following] directions well and [enjoying] being around children," Jacobs said.

"Experience, common sense and a deep caring for others makes a good sitter," Shepler noted.

She said parents should take time when choosing a sitter for their children.

"When looking for good sitter,

don't skip a comprehensive interview meeting with each other. A checklist of questions regarding the details of being in charge in their house is the backbone of the relationship. This is not an interrogation, but rather a well-thought out list of questions, procedures, schedules and location of household emergency items. The

babysitters' classes emphasize how important data is to both parties, so that all works well, and safely, for everyone," she said.

After the prospective babysitter passes initial muster, Shepler recommended having a second visit, where the babysitter comes and interacts with the children while the parents are home.

"[That's] the best way to follow up after the initial meeting and information exchanges," she said

Parents should review the back-

ground of the prospective sitter.

"When hiring a babysitter, parents should choose someone they feel comfortable with, who they know to be trustworthy, reliable and responsible. In a survey, the Red Cross found that eight in 10 parents would pay more for a babysitter who held Red Cross babysitter training and certifications. Also, having a sitter who is trained in first aid, CPR and AED is an important consideration. Babysitters trained in those skills will be able to render aid to a child in the event of a medical emergency," Arcangelo said.

Parents should make their expectations clear, including addressing technology.

"In today's day and age, technology can become a concern for parents when hiring a babysitter," she said. "Whether it be concerns about the babysitter being distracted by technology while on duty or their children being exposed to technology they normally are not allowed to, for example, the babysitter allows the child screen time when the parents normally do not.

"The best thing for parents to do would be to outline their expectations for technology use for both the sitter and for their own children up front." **GL**



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EDUCATION



Girls change their expectations

JA survey finds more young women now expect income equality when they grow up

by Mark Jahne
LIFE Staff

There has been debate for decades about the different wages earned by American men and women for performing the same jobs. That filtered down into the minds of teenage girls, who, in national polls, tended to indicate that they saw such gender inequality as problematic, but also the reality of the business world.

Not anymore.

For the first time, teenage girls now have the same income expectations as teenage boys, according to a national survey compiled earlier this

year by Junior Achievement and Voya Financial. The main question posed was, "Do you think you will make more than \$35,000 per year in your first job?"

In the 2014 survey, 44 percent of male respondents and 35 percent of female respondents said yes. This year, the numbers were 40 percent for males and 41 percent for females.

"The gender gap in expectations has been wiped out," stated a news release from Junior Achievement of Southwest New England, based in Hartford.

Lou Golden, the president of



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Junior Achievement of Southwest New England, said there has been a lot of talk about equal pay for equal work.

“These results suggest that these efforts may be having a positive effect on young women’s expectations of what they should be paid as adults. That’s good news, and long overdue,” Golden said. “We have regular surveys that we do with young people. It reflects what’s going on in the world, the awareness of a lot of societal issues by young people.”

His agency has partnered with the Junior League of Hartford to offer JA Career Connections For Young Women. This program is designed specifically for high school students and includes an 11-week after-school academy and job shadowing opportunities.

“We work diligently to prepare young people for their own economic success. That is as true for girls as for boys, and it’s promising to see that progress is being made,” Golden said.

The national survey of 1,000 teenagers also found that nine out of 10 expect to attend college. Forty



“It reflects what’s going on in the world, the awareness of a lot of societal issues by young people.”

—Lou Golden

percent expect financial aid in the form of scholarships or grants. Twenty-one percent expect to receive financial support from their families.

Seventeen percent plan to work to earn money for college, and 11 percent anticipate taking on student loans to provide for their further education, the latter a number the JA considers unrealistically low.

The agency cited data from the Institute for College Access and Success that indicates 69 percent of students who graduated from public and nonprofit colleges in 2014 had student loan debt averaging \$28,950 per borrower.

The percentage of college graduates with student loan debt over the past decade has increased and the average amount owed is more than twice the rate of inflation. In Connecticut, 62 percent of college graduates faced an average debt upon graduation of \$29,750.

Those interested in learning more about this and other Junior Achievement surveys can go online to ja.org/news. **GL**

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Educational QUEST

Promise to son leads to pilot program at USJ

by Lynn Woike
Editor

When Jamie Roland's friends graduated high school, he said they went on to attend the University of Connecticut, American University, the University of North Carolina, the University of Rhode Island and the University of New Hampshire. Then, his sister left home for their mother's alma mater, Union College in Schenectady, New York.

When he graduated from Hall High School in 2014, Jamie Roland said he wanted to go to college, live away from home and have a roommate, but there was no college in Connecticut with a program for intellectually challenged young adults.

His parents, both physicians, made him a promise: he would attend college. It took years to keep that promise, but Dr. Lisa Roland had no intention of failing.

"The long, involved process was very personal," she said, calling herself "an instigator."

"About 2 1/2 years ago, I started really looking into college programs for individuals with intellectual disabilities, and I noticed ... there are 250 program around the nation. ... Not a single one was in Connecticut," she said.

Of those, only about 50 are residential, the closest being outside of Albany, New York, and in Cambridge, Massachusetts.

"I started talking to people about a potential program here, and everyone I spoke to was very much in favor of starting a program in Connecticut," she said. "In addition, it became very important to me to have Jamie go to college in the state where I hope he will live. Why would I send him to Albany to go to college, find a job and learn the public transportation routes if I hope he would live in Connecticut? It just makes sense that he should go to college in the place where he hopes to live so he can find a job, learn the bus routes and enjoy the community."

Roland began to reach out to individuals who might be able to help. A committee of about 50 people from all over the state came together quickly, with representatives from the legislature, nonprofit organizations, professors, self-advocates, students, parents and siblings, transition coordinators and teachers.

"It's been wonderful. We've grown tremendously and we've gotten a lot of support from everyone we've spoken to. ... We've had the unanimous support of this operation," she said, listing such allies as state legislators Beth Bye, Joe Verrengia and Joseph Becker, and U.S. Sen. Richard Blumenthal.

Dr. Sheetal Sood, associate professor and director of special education at the University of Hartford, was one of the first people Roland contacted when she began forming a committee.

"She's been my guardian angel. I call her my Mother Teresa," Roland said.

"A college program dedicated to including individuals with disabilities will allow young adults with disabilities to not only be a part of an experience that everyone should have but also be a stepping stone for them to be independent," Sood said. "It would be an opportunity to help them access education that will train them to obtain a job like any other adult. I believe that such a program will also contribute to the progression towards equality and diversity in the field of higher education."

The group met formally and informally. Subcommittees were formed. There were conference calls.

"We researched probably about two dozen different college programs," Roland said.

The goal was to start a residential program, she said, explaining that living away from home was a "huge piece" they didn't want to do without, because it is only in that setting that



Photo by Lynn Woike

Dr. Lisa Roland promised her son, Jamie Roland, that he would go to college, and then worked to make that experience possible.

independent living skills can be learned.

"Here at home, my husband and I are enablers," she said of their constant prompting.

"There's a lot of living and learning that takes place when our young adults don't live in the home anymore, and that's a huge piece of independence, and a lot of us want that for our children. We don't want our kids to be reliant on us. We want them to be as independent as humanly possible. All of us want to teach our kids how to fish. We don't want to keep giving them a fish."

The program she wanted would prepare them to live, work, shop and pay taxes in their communities.

"We want to break the cycle of poverty," she said. "We don't want our kids dependent on social security or

[the Department of Developmental Services] or Medicaid. We want our kids to have a meaningful life with a meaningful job. Sub-minimum wage is unacceptable. Sheltered workshops are unacceptable. Our kids deserve better. It's time we took them out of the shadows ... [and] give them the opportunity to make their own choices," Roland said.

If her son becomes independent and has a job, she estimates that it will save DDS \$2 million over the course of his lifetime.

"We're talking about saving the state money. When our young adults become more independent, their needs go down tremendously, so that saves the state more money. They don't need Medicare because they're getting private insurance. They don't need DDS services because they can

EDUCATION

do things on their own.”

Until this spring, “there had been a lot of no’s,” Roland said.

Then, the University of Saint Joseph said yes.

“The why is easy,” said Dr. John Molteni, associate professor and director of the Institute for Autism and Behavioral Studies. “We have this history of serving individuals with intellectual and developmental disabilities.”

The university was looking at various options to expand, he added.

“We were considering alternative programming for students that we are currently serving,” he said, when Roland presented them with her vision.

It fits with the university’s mission and provides the opportunity to serve students between the ages of about 21-25.

“We moved quickly. We’re looking to launch in the fall,” Molteni said.

Provost Dr. Michelle Kalis noted, “The university also has a history of responding to the needs of the community.”

The pilot will be a unique program within the university that builds on the expertise of faculty and staff committed to supporting choices available to students after their educational eligibility ends.

Called Quality University Experience and Supported Transition, or QUEST, Kalis said the program will have the same academic calendar as the college, with classes held weekdays from 8:30 a.m. to 4 p.m.

“It blends in with the university life as a whole. ... There will be opportunities for students in this program to interact with our college students and the opportunity for our college

students to mentor them, acting as buddies,” she said.

Five students are needed for the program to start. If there is sufficient interest, up to 15 can be accommodated the first year.

Applications – available on the university’s website – will be screened. Students meeting the criteria will be invited for interviews, and offers will be made based on those interviews, she said.

Each student will have a program tailored to his or her interests and goals, and will include classroom experiences, vocational work and life skills.

“It’s going to be a lot of one-one-one working with students to determine what their interests and the skills they need to do it,” Kalis said.

Successful QUEST students will receive a certificate of completion.

“We have a strong program in special education as well as applied behavior analysis, and we have a lot of interests and expertise in this area throughout the university. We really feel that this will be a program that benefits not only the students who attend the program, but the university as a whole,” Molteni said.

Roland said, “This is their program that they’re going to do. They’re the experts in the arena of

special education.”

She praised them, calling them “amazing, creative, out-of-the-box thinkers” who will “make this work.”

“We’re so excited; we can’t wait. It’s awesome,” she said.

Jamie Roland smiles wide when talking about the prospect of spending his days on a college campus in the fall, and finding a path to his future.

He’s gotten a taste of the college experience – taking a class and making friends at the University of Hartford while working in the computer lab on campus, sorting and delivering mail, and helping professors with paperwork for their classes – and loved it.

“I do not believe that he would be this happy if he were working at a different location,” Lisa Roland said. “He loves being with his age appropriate, non-disabled peers. It has been a huge boost to his confidence and sense of achievement and we owe it all to Dr. Sood.”

While a residential piece may be possible in the future, it will not be offered when the QUEST program begins in

August, Kalis said.

That was a compromise, Roland noted, adding, “There are these beautiful, brand new apartments that are being built literally right behind Saint Joe’s, and there will be a pathway that’s no more than 20 yards ... right to the campus.”

She said the builder is willing to work with her steering committee as the opening grows closer. Her plan is to rent one of those apartments for her son, noting that students who choose to live in the apartments will gain independent living skills and still be able to integrate into the campus.

Roland is also seeking state schools to offer the program on a larger scale, at a more affordable price, and with all students being able to live on campus.

“The cost factor is huge,” she said, noting, “There was nothing to save for when my child was first born. We’d like to give families the opportunity to find a less expensive option.” **GL**

Applications are available online from the university’s website: usj.edu. Questions can be directed to quest@usj.edu.

“We have this history of serving children with intellectual and developmental disabilities.”

–Dr. John Molteni

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BY MARK DIXON

WFSB METEOROLOGIST [AMS]



The Summer Weather Alerts

Watch, Warning – very different types of alerts. Here in Connecticut, we all need to be familiar with the terminology, given the diversity of our seasons. During this time of year, the 2 categories typically apply to 3 different scenarios: Flooding, Severe Thunderstorms

and Tornadoes.

A Watch, when issued ... is for a large area (multiple counties/states), is long duration (usually for a timespan of 4 to 8 hours) and often in place well in advance of any development. Essentially, this alert is a 'heads up' ... to be mindful that the potential exists for severe weather.

Conversely, a Warning is

issued when severe weather is imminent or occurring. The geographical area is much smaller and encompasses a timespan of an hour or less, in many cases. This alert means one should seek shelter.

It's important to point out that a Watch does NOT need to be in effect for a Warning to be issued.

Also, there is specific criteria for a storm to be classified as

SEVERE. For one to be deemed as such, there needs to be hail one inch in diameter (or larger) and/or wind 58 mph or stronger. While lightning can be deadly, it is not part of the definition.

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37 ASPEN DRIVE
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Grand living in this Doremus-built home in a desirable enclave of fine homes. 1st floor master! 4 beds; 4.1 baths; 5506 sq. ft. incl. LL.



186 FELSPAR RIDGE
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Four floors of living space in this well-maintained contemporary, including the finished lower level. 4 beds; 3.1 baths; 3054 sq. ft.



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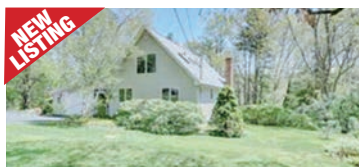
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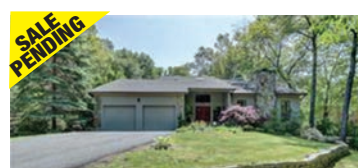
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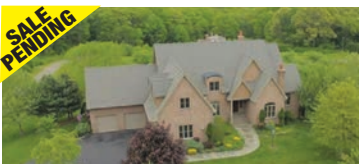
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37 ASPEN DRIVE
S. Glastonbury, \$699,000
Grand living in this Doremus-built home in a desirable enclave of fine homes. 1st floor master! 4 beds; 4.1 baths; 5506 sq. ft. incl. LL.



584 BIRCH MOUNTAIN ROAD
Glastonbury, \$999,999
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320 KINNE ROAD
Glastonbury, \$750,000
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51 LIBERTY DRIVE
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186 FELSPAR RIDGE
Glastonbury, \$749,000
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Four floors of living space in this well-maintained contemporary, including the finished lower level. 4 beds; 3.1 baths; 3054 sq. ft.



162 RIDGE ROAD
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Hartford skyline views just the beginning! Large kitchen, 1st floor bed/office, 2nd floor Master suite. 5 beds; 5 baths; 4795 sq. ft.



36 FOUNDERS ROAD
Glastonbury, \$500,000
House package w/purchase of LOT E-4 FOUNDERS RD & contract w/builder for house plan. LOT E-4 w/o house package also avail.



113 COLTON ROAD
Glastonbury, \$789,900
Improved Price! Superior architectural details; built-ins, & more! 1st floor bedroom w/office & full bath. 5 beds; 5.1 baths; 4273 sq. ft.



286 COLDBROOK ROAD
S. Glastonbury, \$554,500
Beautifully maintained home in like new condition in a private country setting. Over 3 Acres!!! 5 best; 3.1 baths; 3492 sq. ft.



LOT 25 MENLO PLACE
Glastonbury, \$529,900
Stainless, granite, hardwood floors, tile baths & laundry. Bonus room on 2nd floor. 55+ community! 3 beds; 2.1 baths; 1944 sq. ft.



ADENA'S WALK DEVELOPMENT
Glastonbury, \$447,265
#18 Tarragon Model with the most contemporary feel of all our models. 3 beds; 2.1 baths; 2266 sq. ft. Additional Units available. 55+



18 BRADLEY WAY
Glastonbury, \$799,500
Expansive gourmet kitchen w/granite counters, double ovens & butler's galley pantry and more! 5 beds; 3.1 baths; 4889 sq. ft.



Glastonbury Lots & Land
S 3 Ash Swamp Rd., 36.2 acres \$649,999
121 Chamberlain Ln., 2.53 acres \$299,900
125 Chamberlain Ln., 2.56 acres \$239,000
Lot E-4 Founders Rd., \$124,900
also w/ building plan: 36 Founders Rd.
Lot 156E Main St., 6.62 acres \$175,000

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